

April 29th, 2025

Orsolya Nagy

3rd Year MA Student in Art Therapy

Re: HB 3761 for Art Therapy Insurance Reimbursement

**To: Senate Committee On Health Care**

Dear Chair Patterson, Vice-Chair Hayden, Senator Campos, Senator Linthicum and Senator Reynolds,

I write to you as a current third-year student in an art therapy master's program, preparing to graduate this June and enter the workforce in pre-licensed status. To meet mental health needs in the state of Oregon, we need professionals like myself and my colleagues to have stronger pathways to licensure that are compatible with insurance structures. My classmates and I have been training and studying for three years to become well-rounded, highly informed, caring, and competent therapists. I personally have witnessed art therapy transform peoples' perspectives, give them confidence and insight, and expand opportunities for connection with others during times of isolation and crisis. In my work at a hospice organization this year, I witnessed people using art to communicate their toughest experiences, express their grief and heartbreak without judgement, and find connection and clarity when they thought they might never find those things again after loss. Art therapy services have immense value across so many mental health settings.

Despite art therapists' existing presence in the mental health field, the current status of insurance reimbursement in our state necessitates that art therapists who graduate from a master's program pursue multiple licensure credentials if they want to bill insurance. For pursuing two licenses, supervision can become costly, particularly if an employer does not already provide supervision opportunities onsite and the counselor needs two supervisors, each of whom charge hourly fees. This bill would greatly reduce the burden on students like me to pursue multiple types of supervision for our clinical hours to count towards multiple licenses. It feels important to note that both licenses would be held by the same individual doing the same exact work, utilizing the same training and clinical judgement. The only difference is the way our state's laws position these licenses and the legitimacy that is afforded to one label over another. You, our dedicated lawmakers, have the power to change this.

I firmly believe in our field's ability to provide high quality, effective, and versatile treatment options to Oregonians with mental health challenges. Our state needs more professionals to answer the call for mental health care, and art therapists are trained to be attuned and adaptable in a wide variety of settings. I believe that my training as an art therapist deserves to be held to the same standard as any other mental health discipline, and I urge you to consider moving this bill forward to secure pathways for other students and professionals to provide vital care. I look forward to serving the people of Oregon for years to come as a mental health provider.

Sincerely,

A handwritten signature in black ink, appearing to read 'Orsolya', with a long, sweeping horizontal line extending to the right.

Orsolya Nagy

Lewis & Clark Art Therapy Graduate Student